

SACRAMENTO COUNTY
Integrated Mental Health Assessment & Treatment Continuum
for Juvenile Probation Youth (IMAT) – (\$1,500,000 grant)

Sacramento's IMAT project addresses several of the county's unmet mental health needs for juvenile mentally ill and substance abusing offenders by implementing an intensive community-based, highly supervised mental health treatment unit within the Juvenile Field Services Division. IMAT is anchored in the evidence-based Multi-Systemic Therapy (MST) model but also provides for in-depth evaluations and multi-disciplinary case staffing/planning utilizing comprehensive assessment tools provided through Quality Group Homes. In addition, substance abuse education and treatment is provided by a certified community-based organization.

River Oak Center for Children, a local-certified clinical provider that has been delivering mental health services in the Sacramento area for 40 years, provides the program's MST services. State grant funds will provide approximately 60 youth and their families, who previously were ineligible for MST services due to lack of Medi-Cal benefits, with intensive individualized treatment. Contact by one of the MST therapists begins within 24 hours of program referral, after which clients receive approximately 60 hours of direct service during the 3-5 month program period as well as having 24/7 access to therapists for crisis resolution.

Intensive field/home supervision and observation is key for the IMAT juveniles and is provided for by an experienced team of probation officers - a Supervising Deputy Probation Officer, a Senior Deputy Probation Officer and three (3) Deputy Probation Officers. In addition to their regular probation responsibilities, officers are actively involved in the intensive MST treatment process by attending weekly clinical staff meetings and client/family team meetings. Another key position is the Senior Mental Health Counselor whose responsibilities include determining if minors have previously received mental health care assistance, coordinating services and facilitating links for youth in detention facilities, expediting applications/reinstatements for Medi-Cal benefits and linking IMAT youth to MST and additional mental health services, as needed.

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